

Mental Health Support Teams (MHST)



Are you feeling low in mood or worried about things?

We provide early help for emotional wellbeing, including:

- worries and anxiety
- low mood
- school-related stress
- sleep difficulties
- emotional regulation

Want to know more?

If you would like to learn about what we offer or make a referral into our service, please scan the QR code or visit our website: www.justonenorfolk.nhs.uk/our-services/mhst

